



Poisons

SafeTips from the Naval Safety Center

Quick and easy summaries to find out about something new you're doing or as a refresher for something you haven't done in a while. They're a great training tool to pass around at meetings, through e-mail, or post on bulletin boards.

Mishap Data

- ⇒ In 2005, 23,618 (72%) of the 32,691 poisoning deaths in the United States were unintentional. Unintentional poisoning death rates have been rising steadily since 1992.
- ⇒ Unintentional poisoning was second only to motor vehicle crashes as a cause of unintentional injury death in 2005.
- ⇒ Among people 35 to 54 years old, unintentional poisoning caused more deaths than motor vehicle crashes.
- ⇒ In 2006, unintentional poisoning caused about 703,702 emergency room visits.
- ⇒ In 2006, poison control centers reported about two million unintentional poisoning or poison exposure cases.

Do's and Don'ts

- ⇒ Toddlers and preschoolers are the most likely to be poisoned, because they are curious, unpredictable and fearless. They imitate what they see grownups are doing, which includes getting things out of cabinets and taking medicines.
- ⇒ Adults have to make homes and daycare centers safe for children.
- ⇒ Store all chemicals and medicines separately and safely, and in a locked cabinet. Putting them on a high shelf is worthless when it comes to kids who can climb.

www.public.navy.mil/navsafecen/pages/media/index-safetips.aspx



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- ⇒ Don't leave cosmetics, cleaners, vitamins or cigarettes on a shelf or counter.
- ⇒ Never leave a container of hazardous material, even for a brief time. Poisonings often happen when an adult gets interrupted while using a product and leaves to answer the phone or to see who's at the door.
- ⇒ Don't assume there is such a thing as a "child-proof" cap. Some are "child resistant," but none are child-proof-- they just take a little longer for an inquisitive and determined child to open.
- ⇒ Know what to do in case of a poisoning.
- ⇒ Don't wait to see if the child appears sick. Have the phone number for the nearest Poison Center, and post it near the telephone.
- ⇒ Ipecac syrup and activated charcoal are sometimes used as treatments for poisonings. They can be bought at the pharmacy without a prescription. Keep them in your first aid kit, but don't give them to a child unless someone at a Poison Center tells you to.
- ⇒ Follow directions on the label when you give or take medicines. Read all warning labels. Some medicines cannot be taken safely when you take other medicines or drink alcohol.
- ⇒ Turn on a light when you give or take medicines at night so that you know you have the correct amount of the right medicine.

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- ⇒ Always read the label before using a product that may be poisonous.
- ⇒ Keep chemical products in their original bottles or containers. Do not use food containers such as cups, bottles, or jars to store chemical products such as cleaning solutions or beauty products.
- ⇒ Never mix household products together. For example, mixing bleach and ammonia can result in toxic gases.
- ⇒ Wear protective clothing (gloves, long sleeves, long pants, socks, shoes) if you spray pesticides or other chemicals.
- ⇒ Turn on the fan and open windows when using chemical products such as household cleaners.
- ⇒ If a poisoning occurs, remain calm. Call 911 if you have a poison emergency and the victim has collapsed or is not breathing. If the victim is awake and alert, dial 1-800-222-1222 [American Association of Poison Control Center](http://www.aapcc.org). Try to have this information ready: (1) the victim's age and weight, (2) the container or bottle of the poison if available, (3) the time of the poison exposure, and (4) the address where the poisoning occurred
- ⇒ Stay on the phone and follow the instructions from the emergency operator or poison control center.

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